



NEW



GENERATION

**MAYNARD COUNCIL ON AGING
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754
978-897-1009

MAY 2022

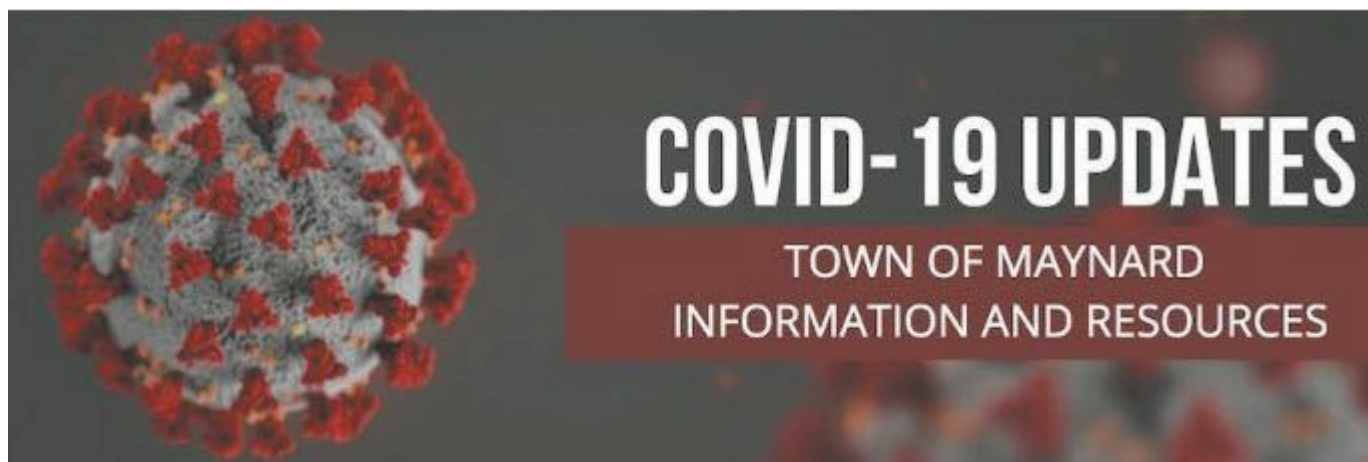


Town Administrator's Message

Like nearly every other kid growing up in this country with vacation between school years, the Summer was always my favorite season. Admittedly, I don't remember the Fall in my hometown of Yorktown, Virginia, to be as enchanting as it is here in New England. But nowadays, I must admit that Spring takes top position, because I look forward to Spring in more ways than I do other times of the year. My joy is on display in Town Hall with the fruits of my autumn labor when my flower beds come back to life with tulips. I have to shake myself out of staring at the many flowering trees throughout Maynard and admiring neighbors' hard work to clean up their yards and beautify curb-view streetscapes. I feel a recognition of the vibrancy throughout Maynard and especially downtown as the weather warms and events come about. I'll have to split my weekends with my own yard work, Girl Scout troop meetings and family bike rides, as well as making my way to the Maynard Business Alliance's Spring ArtWalk on May 7, the Maynard Community Gardeners' Annual Plant Sale on May 14, and other fun coming our way.

I encourage voters to participate in the local Town Election on Tuesday, May 3, 2022, at the Fowler School, from 7:00 am – 8:00 pm, as well as the Annual Town Meeting on Monday, May 16, 2022, also at the Fowler School, starting sharply at 7:00 pm.

For information on the town's COVID-19 status, please visit the town website and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the town's newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,
Greg Johnson**

Town Administrator
gjohnson@townofmaynard.net



Spring is in the Air

It is often said that April showers bring May flowers. April's showers, when they have passed, also bring migrating birds to their spring breeding grounds. In either case, colorful beauty abounds, whether the Tulip Magnolia or the Magnolia warbler, yellow forsythia or the Yellow warbler, red tulips or the Scarlet Tanager. It's a very special time of year.

Speaking of special, **Grace Wilde**, a Maynard High School senior, came to the COA in April and conducted an acrylic painting workshop for her senior project. Accompanied by soft jazz sounds, seniors learned the skills involved in using acrylic paints as they created their own interpretations of landscapes and still-life. Grace arranged an intergenerational art show at the Sanctuary which included art from this workshop and from high school students against a backdrop of live music. Thank so much, Grace!

I also want to thank **Andy Mitzcavitch** for his master class "Intro to Craps" last month. With passionate attention to detail, Andy gave us the tricks and tips for winning big – or at the very least understanding the game should you stop at a table next time you visit the casino.

We have some wonderful events in May including a spring flower container arrangement workshop brought to us by **Thyme in the Garden** and the **Assabet Valley Regional Technical High School's** tech savvy students responding to your device dilemmas. Our wildly successful **Grab-n-Go luncheons** continue with delicious home cooked meals provided by Flo's Catering. **The COA's Book Club** has a new title picked out for May and a great group from all over country getting together on Zoom to discuss.

Pat has personally previewed **great movies** for May and June as well as selecting a series of **comedy classics** - see **pages 8 and 9** for more details on these programs. It's not too late to sign up for the **Fox Tours trip** - see **page 11**. (Special thank you to **Bill and Jean Duggan** for their efforts in getting more people to sign up so we can meet the minimum to make the trip happen!)

Our fitness classes are available via streaming/showing on the COA's TV - please sign up with **Amy** if you are interested. Throughout 2020 and 2021, I mentioned the COA's iPad and Chromebook lending program - please reach out if you are in need.

Hope to see you soon!

Amy Loveless

Director

Maynard Council on Aging & Senior Center



COA Board Meeting
Tuesday, May 17 at 3:00 p.m. – Maynard Town Hall



6 Bridges Gallery

FINE ART AND CRAFT

Express Your Love Through Fine Craft

Our selection of fine craft by local artisans offers something for everyone:

- ☐ Moms
- ☐ Dads
- ☐ Grads
- ☐ Special occasions
- ☐ Jewelry
- ☐ Ceramics
- ☐ Greeting cards
- ☐ Fine art & photography
- ☐ Fine woodcraft
- ☐ Home / office decor
- ☐ Handcrafted soap
- ☐ Sculpture
- ☐ Decorative and wearable fiber arts

Gallery Hours

Wed. – Sat., 12 – 5:00 pm
77 Main Street, Maynard

Personal Shopping

Tuesdays via FaceTime, Zoom or in-person. Email 6bridgesgallery@gmail.com to schedule an appointment.

Gift Certificates

Give the joy of art and fine craft! Gift certificates available instore and online. Choose instore pickup or delivery via email or USPS. 6bridges.gallery/shop/

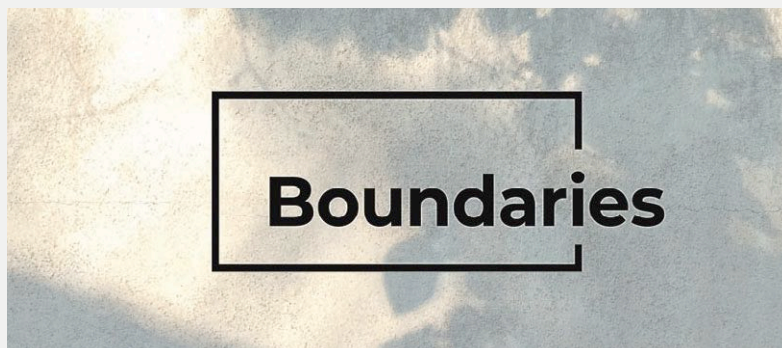
All purchases support local artists and your local economy.



Graffiti

Photographs by Roy DiTosti

May 11 – June 18, 2022 | Reception June 4, 5:00 – 7:00 pm
6bridges.gallery/Graffiti



Our 6th Annual Juried Exhibit

June 22 – August 13, 2022 | Reception June 25, Time TBD
6bridges.gallery/Boundaries



MAYNARD BUSINESS ALLIANCE'S

8TH ANNUAL

SPRING ARTWALK

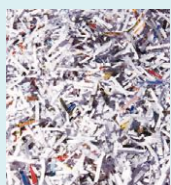
SATURDAY, MAY 7TH 2022

5:00 - 7:30 PM

COME EXPERIENCE AN EVENING OF
ART & MUSIC IN THE
MAYNARD CULTURAL DISTRICT



SCAN FOR
FULL SCHEDULE
OF EVENTS

Middlesex Savings Bank will be having a Shredfest June 18th from 9-12 at their new location at 7 Digital Way. This service is offered by the bank to all and at no cost!

We all know how important managing our personal information has become in this age of potential identity theft and shredding no longer needed paperwork is one way to guard that information.

The **Friends of Maynard Seniors** want to help out. We will be offering rides to the event if you want to go in-person but need transportation, or we will pick up your bagged documents to bring to the shredder. Start gathering your outdated paperwork now and place in a paper grocery bag. That morning a volunteer will give you a ride if you need one, or will pick up your bag of paperwork, and deliver to the Middlesex Shredfest.

Please let us know if you will need either a ride or paperwork pick-up as we need to line up volunteer drivers. Linda Cetrone is coordinating this and can be reached at 978-897-7483, or you can call the Maynard Council on Aging at 978-897-1009.

Maynard Community Gardeners 27th Annual Plant Sale



Spring is around the corner, and so is MCG's annual plant sale! Please save the date: **Saturday, May 14, from 9:00 AM to 12 Noon** at the parking lot of the **Maynard Lodge of Elks, 34 Powder Mill Road, Maynard.**

Browse among a unique assortment of annuals and perennials to find the perfect addition to your flower, vegetable, or herb garden. Decorate your porch or deck with selections from the ever-popular hanging baskets supplied by Brigham's Greenhouses. Find that perfect "something" at the small flea market of deeply-discounted garden-related tools and objects. Please check our website for periodic updates on the sale at www.maynardcommunitygardeners.org

Join in on one of the fastest growing sports around!



Hello, this is David Schwind. I'm reaching out to gauge interest in introducing a new sport, called Pickleball, to the Maynard community. Surrounding towns are introducing this sport to their communities and I'd like to see if the Maynard community would be interested in having a few courts available to play on.

Pickleball utilizes a combination of components used in other sports. It's basically ping pong meets tennis on a badminton court. The game is played on a surface the size of a badminton court with a tennis-style net, and the balls are similar to those used in Wiffle ball. People of all ages and skill level play Pickleball. The rules are easy to understand, which means beginners can get up to speed quickly. Pickleball offers health benefits because it keeps players physically active. However, people play the game because it's fun! Competitors of all ages play it, and there is a social aspect to it that keeps people coming back for more.

If you are interested in how to help bring Pickleball to the Maynard community, please email DPW@townofmaynard.net with your name, phone number and email address, and we'll email you when we have enough interest for an information night.

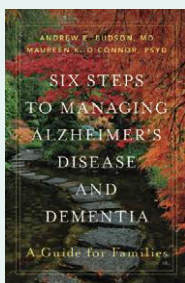
Steps to Managing Memory, Alzheimer's Disease, and Dementia

Tuesday, May 17th @ 7pm
Maynard Public Library (Roosevelt Room)

Based on his award-winning book being translated into Chinese and Korean, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

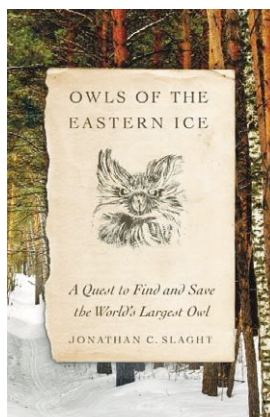
He will also discuss his newest book, *Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families*, including how families can manage issues with memory, language, vision, behavior, driving, incontinence, sleep, and more.

Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School.



Book Mill Discussion Group

Tues, May 24 @ 7pm
Hybrid, In-Person and Zoom Options



Owls of Eastern Ice: A Quest to Find and Save the World's Largest Owl

By Jonathan Slaght

Join the Book Mill Discussion Group to talk about this month's book!

All are welcome.

Books are available through the Library.

Contact sthurston@minlib.net or 978-897-1010 to receive the Zoom link.

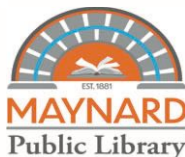
Planning for Retirement Workshop with John Foley

Tuesday, June 7th @ 7pm
In-Person Presentation
Maynard Public Library



New England Investment & Retirement Groups, Inc.

John Foley, CFP, from New England Investment & Retirement Group is hosting an event to highlight risks posed to retirees, pertaining to six areas of financial planning: retirement & income planning, investing, medical insurance, taxation, college education planning, and estate planning.



We will identify key risks and answer your specific financial planning questions.

Please sign up at www.maynardpubliclibrary.org/calendar or call the Reference Desk at 978-897-1010 x103.

**11 JUNE
2022**

**MATT
YORK**

IN
CONCERT

1:00 PM

Library Patio

THE HIGHWAYMEN

New England singer/songwriter Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson, and Waylon Jennings.



MAYNARD
Public Library



MAYNARD PUBLIC LIBRARY SATURDAY, JUNE 11 10:00 – 4:00

Stock up now for all your summer reading!
Hundreds of books and DVDs for all ages.
All items cost \$2 or less!

Friends of the Maynard Public Library 77 Nason Street



SPRING BOOK SALE

MAY CRAFT KITS

Cross Stitch & Pebble Art

Learn a new craft in May! These kits contain everything you need to get started with cross stitch and/or pebble art!

For adults and teens

The kit includes patterns for all levels of ability, step-by-step directions. And a needle threader!



Available Wed, May 11

The kit includes a variety of pebbles, a canvas suitable for framing and an Inspiration guide.



Available Mon, May 23

Maynard Public Library 77 Nason Street www.maynardpubliclibrary.org

Pop Goes the Culture: The History of Asians in American Pop Culture

Presented by **Gil Asakawa**



Tuesday, May 31 @ 7 via Zoom

Register for this program at
tinyurl.com/AsianPopCultureMPL

Learn how Asians have been portrayed in Hollywood, in commercials, and on stage for more than a century, from Sessue Hayakawa and Anna May Wong in the pre-talkie years, to the success of Simu Liu and many others today.

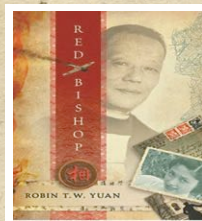
Gil Asakawa is a journalist, editor, author and blogger who covers Japan, Japanese American, Asian American and Pacific Islander cultural and social justice issues.

We are partnering with the Brookline, Cary, Norwood, Somerville, Wayland and Ashland libraries to bring you this program.

MAYNARD
Public Library

Robin Yuan Virtual Author Talk

Red Bishop



**Wednesday, May 11
7pm, Online**

Register at
tinyurl.com/YuanMPL

Join Author Robin Yuan as he recounts the extraordinary life of Robin Chen, the last Presiding Bishop of the Anglican Church in China in the sweeping historical novel *Red Bishop*.



May Cookbook Club

Monday, May 23

12:00 noon



In April, we will travel (safely) to Eastern Europe and try recipes from *Fresh from Poland: New Vegetarian Cooking from the Old Country* by Michal Korkosz. The author is also a photographer, making this Best Cookbook of 2020 (San Francisco Chronicle) a visual treat.

Borrow the cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 23rd (outside if weather permits).

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.

Spice Up Your Spring!

Maynard Library Spice Club

SUMAC



Are you bored with all of your usual meals? Would you like some inspiration for trying new recipes and flavors?

Spice up your May cooking with sumac! Sumac is the coarse powder ground from sumac berries. Popular throughout the Middle East, sumac adds a vibrant red color and a lemony tartness to dishes..

Kits available May 2

Pick up a kit with spice samples and recipes, then cook. Share your results on social media and, if you'd like, share your dish with other cooks while we discuss what we made.



May Spice Club Discussion

**Thursday, May 26
7:00 pm, In Person**

www.maynardpubliclibrary.org/spice
[#maynardspiceclub](https://www.instagram.com/maynardspiceclub)

May Programs

GRAB AND GO LUNCHEONS

Wednesday, May 11th

Barbecue Chicken, Vegetable, Potato Salad,
Cole Slaw, Cornbread and Dessert

Please call the COA to reserve your meal by May 6th.

Wednesday, May 25th

Pot Roast, Mashed Potatoes, Vegetable, Salad,
Rolls and Dessert

Please call the COA to reserve your meal by May 20th.

Wednesday, June 8th

Sweet and Sour Chicken, Rice, Vegetable,
Salad, Roll and Dessert

Please call the COA to reserve your meal by June 3rd.

Wednesday, June 22nd

Hot dog, Cheeseburger, French Fries, Coleslaw,
and Dessert

Please call the COA to reserve your meal by June 17th.

**Pick-up your meal at the Maynard Elks
parking lot at 12 noon.**

Cost \$5.00

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:00am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun Lin who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yachun Lin is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

MOVIES

Please call and sign up in advance to reserve your seat.

Friday, May 13th 11 a.m.

True Grit

This western drama, starring Jeff Bridges, Matt Damon and Hailee Steinfeld, is the story of a stubborn teenager who enlists the help of a tough U.S. Marshal to track down her father's murderer. Rated PG13.

Friday, May 20th 11 a.m.

Wild Mountain Thyme

In this romantic comedy, starring Emily Blunt, Christopher Walken and Jamie Dornan, a headstrong farmer has her heart set on winning the love of her oblivious neighbor. Rated PG13.

Friday, May 27th 11 a.m.

News of the World

Five years after the Civil War, Captain Kidd (Tom Hanks) moves from town to town as a non-fiction storyteller, sharing the news from the far reaches of the globe. Rated PG13.

Friday, June 3rd 11 a.m.

Greenland

Gerard Butler stars in this film about a family who fights for survival as a planet-killing comet races towards Earth. They battle increasing panic and lawlessness as the countdown to global apocalypse approaches zero. Rated PG13.

Friday, June 10th 11 a.m.

Maiden

This film is an incredible true story about the Whitbread Round the World Race, considered the most dangerous sailing competition on earth, and the first all-female crew to compete. Rated PG.

Classic Comedy Programs

Please call and sign up in advance to reserve your seat.

Thursday, May 12th

12:30 p.m.

I Love Lucy

Thursday, May 19th

12:30 p.m.

The Dick Van Dyke Show

Thursday, May 26th

12:30 p.m.

The Best of Barney

Thursday, June 2nd

12:30 p.m.

The Honeymooners

Maynard Council on Aging—Policies and Procedures

Effective April 1, 2022, face-coverings (masks) are optional in Town Offices, which includes the Council on Aging. The Maynard Board of Health guidance advises that fully vaccinated individuals should wear a mask or face covering when indoors for certain reasons. See page 10 of this newsletter.

Hybrid Option for Fitness Classes

If you are interested in participating in our fitness classes, we are able to stream (show them on the COA's TV) them at the COA. Please contact Amy to sign up.

May Classes and Activities

The COA will be closed on Monday, May 30 in observance of Memorial Day.

Monday

Zumba Toning (ZOOM)	9:00
Knitting & Crocheting	9:00
Drop-In*	9:00
Tech Savvy Students' Support – May 16	10:30-12:00
Bingo	11:00-1:00

Tuesday

Yoga & Stretch (ZOOM)	9:00
Do-It-Yourself (DIY) Crafts	9:00
Drop-In*	9:00
Book Club April 26 (ZOOM)	11:00
Drop-In*	1:00

Wednesday

Zumba Gold (ZOOM)	9:00
Drop-In*	9:00
Grab-n-Go's – May 11 & 25	12:00 @ the Elks
Spring Flower Workshop – May 18	2:00
Drop-In*	1:00

Thursday

Nature/Travel	9:00
Drop-In*	9:00
Comedy Series	12:30
Drop-In*	1:00

Friday

Drop-In*	9:00
Movies	11:00-1:00
Drop-In*	1:00

April Showers Bring May Flowers!

Come and join Debbie McNulty and Cathy House from Thyme in the Garden and create a special spring flower container arrangement

Wednesday, May 18 2:00 p.m.
\$5.00 per person

You **MUST** sign up! – Limited to 15

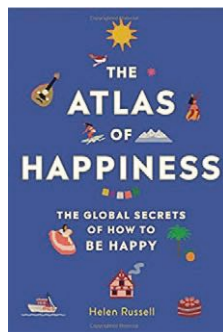
Assabet Valley Regional Technical High School's Tech Savvy students

will be coming to the COA on Monday, May 16 & Monday, June 13 from 10:30 to 12:00 noon
Bring your iPad, tablet, or cellphone and have an opportunity to ask questions and find solutions to those pesky "tech issues."

This is a MUST sign up!

Maynard COA Book Group 2022

Tuesday, May 31
11:00 am via Zoom



Join us for a discussion of *The Atlas of Happiness* by Helen Russell. This guide describes how different nations search for happiness in their lives, and what they can teach us about our own quest for meaning. Read about diverse philosophies including *sobremesa* from Spain, *azart* from Russia and *joie de vivre* from Canada.

Call the COA to receive the Zoom link.

All seniors are welcome!

The group meets on the last Tuesday of the month.

Maynard Council on Aging • 50 Brown St • 978-897-1009

Do-It-Yourself (DIY) Craft Kits

**Beeswax Candles • Felted Succulents • Mosaic Art
Bracelets • Stained Glass Window Clings • Flower Frames
And more!**

*Drop-In Options:

**Adult Coloring • Board Games • Cards
Puzzles • Knitting • Crafts**

Bring your own device or use a COA tablet (Chromebooks or iPad) to catch up on the latest news, check your emails, play a game or search for a project.

The COA has a tablet lending program – please speak to Amy if you are interested.



Effective April 1, please contact the Council on Aging to make a reservation!

Maynard Council on Aging Van Service

To make a reservation call the Maynard Council on Aging at (978) 897-1009

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the Council on Aging know so that accommodations can be made. **Riders must continue to use hand sanitizer and wear a mask at all times when on the van.**

Reservations MUST be made 48 hours in advance. If you need to CANCEL your reservation it should be done at least 24 hours in advance.

No reservation is complete until it is verbally confirmed with Pat or Amy. Leaving a message requesting a ride does not confirm your reservation.

Riders should be ready an hour in advance of their appointment time to accommodate multiple passenger pickups. The van will wait no longer than 5 minutes for a passenger to emerge. On very busy days the van can get behind schedule whether due to traffic, a delay in a rider being ready for pickup, and other factors not under the driver's control. Delays most often occur with multiple medical appointments in the same time frame for pickup and drop off. If a rider is requesting more than one destination per ride, it must be communicated at the time the reservation is made. The COA van driver will not make any stops that are not on the schedule.

The Council on Aging expects riders to treat the van drivers, COA staff, and other passengers with respect. No rude or intimidating language will be tolerated. Riders are not to engage in conduct which delays or disrupts the transportation service. As well, if the van driver feels there are risk factors (poor mobility, impaired judgement, intoxication) in attempting to transport a rider, the driver may decide not to transport the rider. In some cases, 911 may be called.

The Council on Aging has resumed its \$2.00 donation per ride.

Please contact the Council on Aging at (978) 897-1009 for questions.

Advisory Regarding Face Coverings

Consistent with Massachusetts Department of Public Health and CDC recommendations, The Board of Health for the Town of Maynard urges all eligible residents to get vaccinated and stay up to date on COVID vaccinations, including when eligible for booster doses. Vaccination remains the most effective protection against serious illness, hospitalization, and death.

The Board of Health advises that a fully vaccinated person should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease or is unvaccinated.

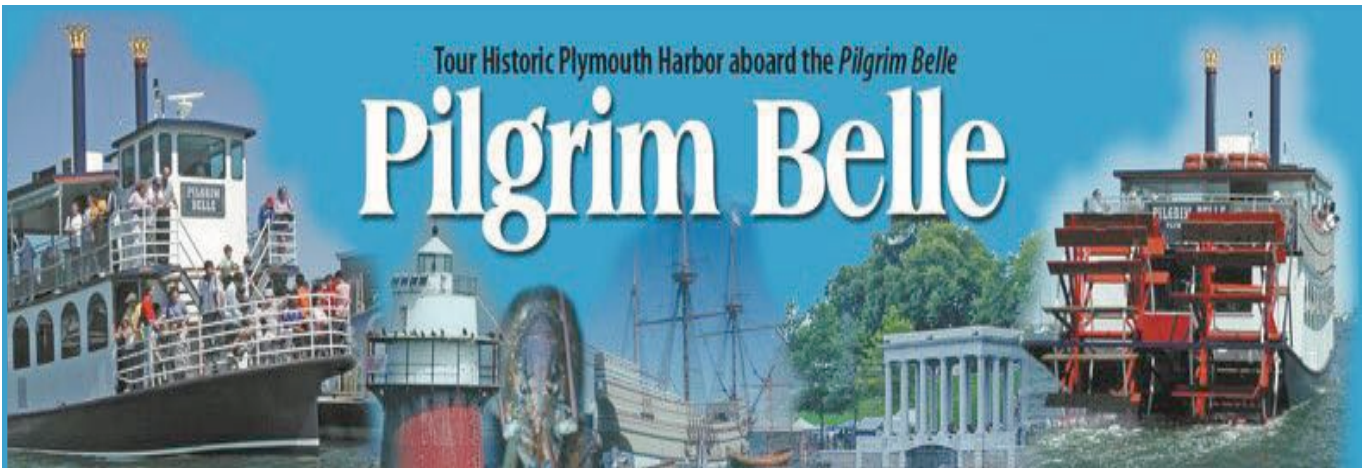
As a reminder, there are multiple conditions that may put someone at higher risk for severe disease; information on those conditions can be found on the Centers for Disease Control and Preventions website. Your primary care physician can advise you on whether you are at increased risk.

For individuals who are not fully vaccinated, it is important that you continue to wear a face covering or mask to help prevent you from spreading COVID-19 to other people.

Individuals who are considered close contacts or who have tested positive must follow the isolation and quarantine guidance, which includes wearing a mask in public for 5 more days after they leave isolation or quarantine on day 5, regardless of vaccination status.

This advisory may change based on public health data and further guidance from the CDC.

Information concerning mask use may be found at Massachusetts Department of Public Health and CDC.



<<>> *The Maynard COA Proudly Presents!* <>>
 <<>> *Plymouth's 402nd Birthday Tour* <>>
Featuring A Delicious Luncheon & Narrated Plymouth Harbor Cruise!
 <<>> *July 20, 2022 (Wednesday)* <>>

8:30 AM Depart from the Maynard Elks, 34 Powder Mill Road, this morning on your luxury Silver Fox Motor Coach and travel to **Plymouth, Massachusetts, where the Pilgrims landed in 1620 and established New England's first English colony.** On arrival you will take a sightseeing tour that will include a visit to Plymouth Rock, a view of the venerable Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial, a most moving and memorable sight. **You'll then enjoy a full course luncheon at Plymouth's excellent John Carver Inn. Your entrées in-clude delicious seafood and chicken entrées (see list below) and Apple Cranberry Crisp with Fresh Whipped Cream for Dessert. Yum! Then, today's special treat will follow, a narrated 75 minute sightseeing Harbor Cruise on the Pilgrim Belle, a true paddle wheeler with no propeller propulsion. Your Captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches as well as relating Plymouth's amazing history.** Arrival home is expected at 5:30 PM with fond memories of your wonderful day in scenic Plymouth, Massachusetts.

Tour Dates: July 20, 2022 (Wednesday)

Out of Towners Welcome!

Tour Cost: \$99.00 Per Person

Tour Includes: - Narrated Pilgrim Belle Cruise
 - Luncheon at the John Carver Inn Restaurant
 - Choose Entrée : __Broiled Cape Scrod__ Plymouth's Best Fish & Chips__ Cranberry Chicken
 - Visits to Plymouth Rock, The Pilgrim Monument & 9/11 Memorial

For Reservations, Please Contact: The Maynard COA @ 978.897.1009

Please note Fox Tours requires all passengers be vaccinated to travel on the tour.

<<>> *Discover Plymouth Yourself!* <>>

May is Mental Health Awareness Month

BEHAVIORAL HEALTH RESOURCES—CRISIS HELP AND INFORMATION FREE SERVICES

A mental health crisis is when someone is experiencing symptoms that make them feel out of control or prevent them from being able to take care of themselves.

IN A CRISIS CONTACTS

- **Life-threatening emergency**
 - Call 911
- **Emergency Service Providers**
 - 877-382-1609, Connect with a clinician, 24/7
 - Use Emergency Services Providers (ESP) as a possible alternative to a hospital emergency department.
- **National Suicide Prevention Lifeline**
 - 800-273-8255
- **Samaritans Statewide Helpline**
 - 877-870-4673
- **Crisis Text Line**
 - Text HOME to 741741
- **The Living Room, Advocates**
 - advocates.org/services/livingroom
 - A 24-hour crisis alternative to emergency department visits and hospitalization, staffed by peer specialists, 508-661-3333

PREPARING FOR A MENTAL HEALTH CRISIS

- **NAMI Crisis Guide**
namicentralmiddlesex.org/crisis
 - The “Navigating a Mental Health Crisis” guide helps you prepare for crisis situations.
- **NAMI Massachusetts Crisis Information**
namimass.org/in-a-crisis
 - NAMI Massachusetts offers well-researched information about what to do, how to plan, and a variety of services to help handle a crisis.
- **NAMI MA Compass Helpline**
namimass.org/nami-mass-compass-helpline
 - An information and referral helpline that provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances
Mon-Fri, 9 am–5 pm, Contact: 617-704-6264 or 1-800-370-9085, orcompass@namimass.org

BEHAVIORAL HEALTH RESOURCES LOCATING MENTAL HEALTH CARE PROVIDERS

INSURANCE COMPANY

- Contact your insurance company for a list of behavioral health care providers in their network.

HELP FINDING A THERAPIST, FREE SERVICES

- **Psychology Today** - psychologytoday.com/us
 - Search a large online database of mental health providers, groups, and treatment programs. Filter your search by location, insurance, issue, type of therapy and more.
- **William James Interface Referral Service** - interface.williamjames.edu
 - Callers from participating communities are matched with licensed mental health providers, Mon-Fri, 888-244-6843. Each referral best meets the location, insurance, and specialty needs of the caller. Check the website to see if your town is a participating member.
- **Therapy Matcher** - naswma.org/page/therapymatcher
 - Online search option connects people with licensed independent clinical social workers (LICSWs) in private practice across MA.

AREA MENTAL HEALTH PROVIDERS, FEE FOR SERVICE & MASSHEALTH

- **The Eliot Center at Concord** - eliotchs.org/behavioral-health-clinics
- **Advocates Mental Health Services** - advocates.org/services/mental-health-services
- **Wayside Youth & Family Support Network** - waysideyouth.org

EMERSON HOSPITAL PSYCHIATRISTS

- **Find a Doctor** - emersonhospital.org/find-a-doctor
 - Enter “psychiatry” in the search field.

May is Mental Health Awareness Month

Mental Health Statistics

Over 2 million Americans aged **65 and older** suffer from one form of depression.

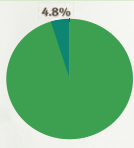
(MHA, 2022).

2M+
Americans



Individuals **over the age of 65** account for **20%** of suicides.

(MHA, 2022).



4.8% of older adults suffer from a **serious mental illness**.

(SAMHSA, 2019).

Approximately **15%** of older adults **aged 60 and over** suffer from a mental disorder.

(WHO, 2017).

6x

Suicide, among white males **over the age of 85**, is approximately six times the suicide rate.

(MHA, 2022).

Older adults with physical health conditions such as heart disease have higher rates of depression than those who are healthy.

(WHO, 2017)



COMMON SIGNS OF MENTAL HEALTH CONCERNS:

ISOLATION:

You used to be really outgoing and positive, but lately, you want to spend most of your time home alone.

LOSING INTEREST:

You aren't as interested in things you used to like – food, music, hobbies, friends, work/school.

TROUBLE FOCUSING:

You can't concentrate enough to follow conversations with friends.

SHORT TEMPER:

You're easily irritated and keep lashing out at people you care about.

WELLNESS TIPS

Gratitude Journal

Get a gratitude journal and write three things you're grateful for and three things you've accomplished that day.



Treat Yourself

Treat yourself to a couple pieces of dark chocolate every few days. This will help improve alertness and mental skills.



Try Creative Expression

Experiment with a new recipe, write a poem or paint a picture. Creative expression and overall well-being are linked.



Try Coloring

Try coloring for 20 minutes!



Take time to laugh

Go to a comedy show, see a funny friend, or check out some funny videos online.



Take a Bath

Relax in a warm bath once a week.



Dance

Dancing helps reduce cortisol levels (the stress hormone) and increase endorphins (the body's "feel good" chemicals).



Explore Attractions

Be a tourist in your own town and explore attractions!



Take Omega 3 Fatty Acids

Get some Omega 3 fatty acids in your diet! These have shown to decrease rates of depression and schizophrenia.



Smile!

Smiling can help lower heart rate and calm you down.



Practice Forgiveness

Forgiveness has been shown to improve mental health and increase satisfaction of life.



Send a Thank You Note

Expressing gratitude has been shown to increase happiness.



Take a Walk

Take a 30-minute walk in nature. Walks in nature can increase energy levels, reduce depression, and boost well-being.



Get some Sun

Enjoy 15 minutes in the sun, but don't forget your sunscreen! Vitamin D has been shown to elevate moods.



Join our welcoming, supportive group for family and friends caring for loved ones!

Share experiences, challenges, and advice with others caring for older adults in this confidential and supportive virtual setting.



Virtual Caregiver Support Group

Details:

- Meets the second Tuesday of every month from 2:00-3:00PM
- No cost, group size limited

To register or with questions, contact us at (781) 221-7079 or K.Sullivan@MinutemanSenior.org

Minuteman
SENIOR SERVICES



www.MinutemanSenior.org

Caregivers from all communities welcome

Minuteman Senior Services – Know Us Before You Need Us!

As a non-profit agency serving 16 communities, we are passionate about our mission to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence. We provide up-to-date resource information and referrals to community services, care management and in-home care, Meals on Wheels and congregate dining, elder protective services, assistance with budgeting and bill-paying, Medicare benefits counseling, caregiver support and much more. Many of our services are free of charge, others are available on a sliding fee or private pay basis. We want you to know us before you need us and when you need some help, just contact us at 888-222-6171 or elderinfo@minutemansenior.org. Additional info on www.minutemansenior.org

You Can Make A Real Difference!

We are looking for volunteer Meals on Wheels Drivers and Money Management Bill Payers!

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week? Or are you available 6-8 hours/month to help seniors or people with disabilities sort mail and organize bills for payment? If you are interested or have questions, please contact our Volunteer Coordinator, Yuen Li at volunteer@minutemansenior.org or call 781-221-7093.



Fall in love with
Gracious Retirement Living!



At Camellia Gardens, we have an abundance of heart. Our caring live-in managers are here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We'll take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

Call today to learn more about our gracious retirement lifestyle!



978-637-8087

CAMELLIA GARDENS
Gracious Retirement Living



16 Digital Way, Maynard, MA 01754
Located in the Maynard Crossing Shopping Center next to Market Basket





REP. KATE HOGAN'S SENIOR NEWS

MAY 2022

Local Elections Update

By the time you're reading this, several of the major wireless carriers will have. The pandemic provided the impetus to enact election reforms in time for the 2020 presidential election, including no-excuse mail-in voting and extending early voting for primary elections. These temporary reforms had a tremendous effect on turnout. Nearly half of all voters cast mail-in ballots for the primary, 42 percent voted by mail in the general election, and 23 percent cast early in-person votes.

This year, our elections will look more like elections in 2019. In Maynard, the Annual Town Election will take place on May 3, from 7 am – 8 pm at the Fowler School. The only way to vote by mail is by absentee ballot and the voter must meet one of the three requirements for an absentee ballot.

However, turning out to vote for a town election is just as important as voting in the presidential election, if not more so. Most decisions related to education, policing, public works, and other issues that directly affect residents' daily lives have always been made at the municipal level.

This year in Maynard voters have a choice of candidates running for school committee.

The Massachusetts Legislature continues to work to make the emergency voting accommodations that were enacted during the pandemic permanent for future elections. The VOTES Act, which includes critical voting reforms, is in conference committee at the time this was written.

Please...VOTE! And if you have questions or concerns, or need assistance, please do not hesitate to contact my office.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Rep. Hogan can be reached by phone at 617-722-2600 or by email at Kate.Hogan@MAhouse.gov. You can also connect with Rep. Hogan on Facebook (facebook.com/RepKateHogan) or Twitter (@repkatehogan).

Contact Rep. Hogan's District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Office hours for constituents will be held in person at the Bolton Public Library on Thursday, May 12 at 6 pm. Rep. Hogan will also hold virtual office hours on Friday, May 13 at 1pm. To schedule an appointment with Rep. Hogan during virtual office hours, please call (617) 722-2600 (option #2) or send email to Kate.Hogan@mahouse.gov. Please register for a virtual appointment by 5 pm on Wednesday, May 11.

On view at the Maynard Public Library
May 6 – June 30

ArtSpace at the MPL

Reception with the artists:

Saturday, May 7, 1:30 – 3:00 pm

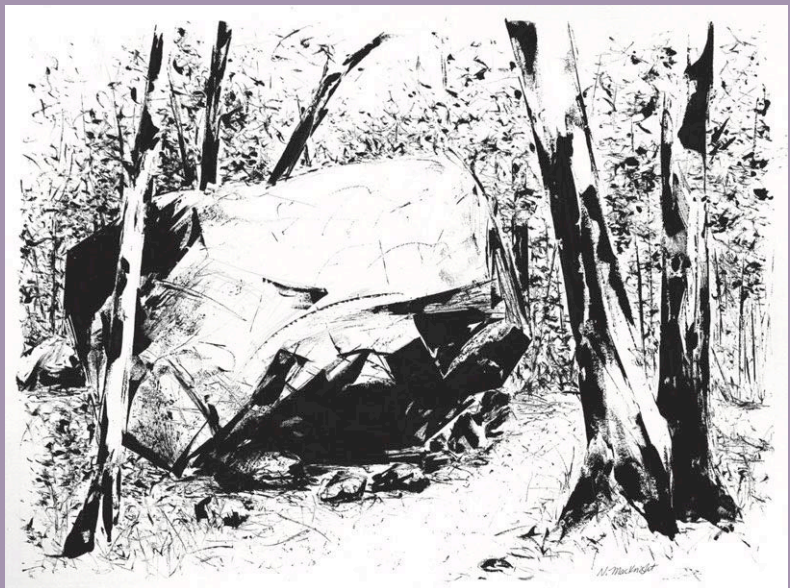
Join us in celebrating the work of twenty
ArtSpace members from 1:30 – 3:00 pm, followed
by a concert featuring Berit Strong's Suzuki
Guitar Students from 3:30 – 4:30 pm.



Rachel Korn, *Garden in the Sky*



Fay Senner, *Purple Cabbage with
Cauliflower, Leek & Radish*



Natalie MacKnight, *Chaperone*

ArtSpace at the Maynard ArtWalk

Saturday, May 7, 5:00 – 7:30 pm

Outdoors at Memorial Park, with
Face Painting and Activities for Kids!

